

ABSTRACT

The present invention provides a composition comprising a green-yellow vegetable (e.g., broccoli, spinach, parsley, 5 *komatsuna* (*Brassica rapa* L.), Japanese radish leaves) and a light-colored vegetable (e.g., lettuce, cabbage, celery), the composition having the following effects:

- (1) inhibiting the generation of blood lipid peroxide;
- (2) lowering blood TBARS levels or suppressing the elevation of 10 blood TBARS levels;
- (3) increasing blood vitamin E levels;
- (4) enhancing blood antioxidant activity;
- (5) enhancing blood TRAP levels;
- (6) lowering blood active oxygen levels or suppressing the 15 elevation of blood active oxygen levels; and
- (7) preventing or treating diabetic complications.